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## Tofu and Broccoli Pad See Ew ♦♦

Tofu and Broccoli Pad See Ew is a delicious vegetarian dish that originated in Thailand. It is made with stir-fried flat rice noodles, tofu, broccoli, and a flavorful sauce. This dish is commonly consumed as a lunch or dinner option and is loved for its combination of textures and flavors.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>200 g</b>	tofu
<b>300 g</b>	broccoli
<b>300 g</b>	flat rice noodles
<b>3 tbsp</b>	soy sauce
<b>2 tbsp</b>	oyster sauce

<b>1 tbsp</b>	dark soy sauce
<b>4 cloves</b>	garlic
<b>2 tbsp</b>	vegetable oil
<b>1 tbsp</b>	sugar
<b>1 c</b>	water

## Directions

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### Step 1

Prepare the tofu by draining and pressing it to remove excess moisture. Cut it into cubes.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Blanching

Blanch the broccoli in boiling water for 2 minutes, then drain and set aside.

**Prep Time:** 2 mins

**Cook Time:** 2 mins

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### Step 3

Boiling

Cook the flat rice noodles according to package instructions, then drain and set aside.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 4

Stir-frying

In a wok or large skillet, heat the vegetable oil over medium heat. Add the garlic and cook until fragrant.

**Prep Time:** 2 mins

**Cook Time:** 2 mins

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## Step 5

Stir-frying

Add the tofu to the wok and stir-fry until it starts to brown.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 6

Stir-frying

Push the tofu to one side of the wok and add the broccoli to the other side. Cook for a few minutes until heated through.

**Prep Time:** 0 mins

**Cook Time:** 3 mins

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## Step 7

Stir-frying

Add the cooked noodles to the wok and pour in the soy sauce, oyster sauce, dark soy sauce, sugar, and water. Stir-fry everything together until well combined.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 8

Serving

Serve the Tofu and Broccoli Pad See Ew hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 300 kcal

**Fat:** 20 g

**Protein:** 15 g

**Carbohydrates: 30 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	20 g	71.43%	80%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	500 iu	55.56%	71.43%
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	200 mg	20%	20%
Iron	4 mg	50%	22.22%
Potassium	600 mg	17.65%	23.08%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

# Recipe Attributes

## Seasonality

Fall

## Kitchen Tools

Slow Cooker

Blender

## Nutritional Content

Low Calorie

## Cuisines

Italian

Chinese

Thai

## Diet

Anti-Inflammatory Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet

Atkins Diet

Low Carb, High Fat (LCHF) Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

The F-Plan Diet

The Master Cleanse Diet

The Best Life Diet

The Bulletproof Diet

The Carnivore Diet

The Dukan Diet

The Optavia Diet

The Starch Solution Diet

The Vertical Diet

The Specific Carbohydrate Diet (SCD)

The Crohn's Disease Diet

The Ulcerative Colitis Diet

The GERD Diet (Gastroesophageal Reflux Disease)

The SIBO (Small Intestinal Bacterial Overgrowth) Diet

The Histamine Intolerance Diet

The IBS (Irritable Bowel Syndrome) Diet

The Low Oxalate Diet

The Diabetes Diet

The Hypothyroidism Diet

The Parkinson's Disease Diet    The Multiple Sclerosis (MS) Diet    The Arthritis Diet

The Osteoporosis Diet    The Heart-Healthy Diet

The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet    The Low Purine Diet

The High-Fiber Diet    The Low-Fat Diet    The High-Protein Diet

The Low-Protein Diet    The High-Iron Diet    The Low-Iron Diet

The Low-Phosphorus Diet    The High-Vitamin D Diet    The High-Vitamin C Diet

The High-Vitamin K Diet    The Low-Vitamin K Diet    The Low-Copper Diet

The Summer Weight Loss Diet    The Fall Immunity-Boosting Diet

The Winter Warming Diet    The Low-Sulfur Diet    The High-Sulfur Diet

The Eczema Diet    The Psoriasis Diet    The Rosacea Diet    The Migraine Diet

The Celiac Disease Diet    The Gallbladder Diet    The Kidney Stone Diet

The Anti-Anxiety Diet    The Depression Diet    The Adrenal Fatigue Diet

The Endometriosis Diet    The Hashimoto's Disease Diet    The Lyme Disease Diet

The Diverticulitis Diet    The Restless Leg Syndrome Diet    The Tinnitus Diet

The Interstitial Cystitis Diet    The Gastroparesis Diet    The Menopause Diet

The Post-Pregnancy Diet    The Fertility Diet    The Breastfeeding Diet

The Chronic Urticaria Diet    The Dysphagia Diet

The Chronic Kidney Disease (CKD) Diet    The Raynaud's Disease Diet

The Sjögren's Syndrome Diet    The Low Tyramine Diet    The Lactose-Free Diet

The Fructose Malabsorption Diet    The Low-Histamine Diet

The Mast Cell Activation Syndrome (MCAS) Diet

The Irritable Larynx Syndrome (ILS) Diet    The Chronic Pancreatitis Diet

The Sarcoidosis Diet    The Leaky Gut Syndrome Diet    The Behçet's Disease Diet

The Graves' Disease Diet    The Addison's Disease Diet

The Cushing's Syndrome Diet    The Ankylosing Spondylitis Diet    The Lupus Diet

The Myasthenia Gravis Diet

The POTS (Postural Orthostatic Tachycardia Syndrome) Diet

The Eosinophilic Esophagitis (EoE) Diet



The Chronic Obstructive Pulmonary Disease (COPD) Diet The Asthma Diet

The Sinusitis Diet The Bronchiectasis Diet The Insomnia Diet

The Seasonal Affective Disorder (SAD) Diet

The ADHD Diet (Attention Deficit Hyperactivity Disorder) The Autism Diet

The Bipolar Disorder Diet The Schizophrenia Diet

The Post-Traumatic Stress Disorder (PTSD) Diet Blood Type O Diet

Blood Type A Diet Blood Type B Diet Blood Type AB Diet

## Course

Soups Snacks

## Cultural

Chinese New Year Halloween

## Cost

Under \$10 \$20 to \$30 \$40 to \$50

## Demographics

Kids Friendly Teen Friendly Lactation Friendly Diabetic Friendly

Heart Healthy

## Cooking Method

Grilling Frying Baking Boiling Steaming Microwaving Blanching  
Sautéing Roasting Smoking Curing Blending Grinding Freezing  
Canning Drying Pickling Sous Vide Pasteurizing Fermenting Infusing  
Pressing Jellying Carbonating Whipping Stirring Simmering Cutting  
Cut Mixing Resting Plating Serving Cooking None Stir-frying  
Mashing Preheating Sprinkling Heating Refrigerating Preparation  
Cooling Oven Stove

## Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Hemorrhoids

Appendicitis

Gallstones

Pancreatitis

Liver disease

Gastroparesis

Gastroenteritis

Hepatitis

Colorectal cancer

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Medium

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